

Month	Name	Description	Theme	Type	Dates	Points
Annual Activities	Annual					
	Complete Your Assessment	Complete the Well-being Assessment to earn points	Engagement	One time, verified	1/1 - 12/27	800 pts
	Early Bird Bonus - Governor's Challenge	Complete the WBA by 3/31/15 to earn additional points	Engagement	One time, verified	1/1 - 3/31	100 pts
	Get a Preventive Care Checkup	Complete a preventive screening with your doctor	Health Risk	One time	1/1 - 12/27	200 pts
	Connect Your Device	Points for connecting your activity device	Engagement	One time	1/1 - 12/27	200 pts
	Visit the Dentist	Points for going to the dentist	Health Risk	One time, verified	1/1 - 12/27	200 pts
	SmartHealth Program Detective	Learn about the SmartHealth program by watching an introductory video	Engagement	One time	6/8-12/27	50 pts
	Track Your Progress	Track your progress	Engagement	Ongoing, automatic	1/1 - 12/27	5 pts/day (1,805 possible)
January - February	1/1/15 - 2/28/15 (8 complete weeks for tracking)					
	A New You in 2015	Set goals for the new year	Capacity for Change, Emotional	Tracking	1/1 - 2/28	100 pts
	Healthy Spending	Avoid unhealthy spending	Emotional	Tracking	1/1 - 2/28	25 pts/wk (200 pts possible)
	Veg Out	Eat the recommended amount of fruits and vegetables	Health Risk	Tracking	1/1 - 2/28	50 pts/wk (400 pts possible)
	Sweat for 30	Exercise 30 minutes, 5 times each week	Physical	Tracking, device enabled	1/1 - 2/28	50 pts/wk (400 pts possible)
	One Step at a Time	Log at least 5 miles each week	Physical	Tracking, device enabled	1/1 - 2/28	50 pts/wk (400 pts possible)
	Healthy Pantry	Clean out the pantry - no junk food!	Well-being	One time	1/1 - 2/28	50 pts
	Take a Stand	Get out of your chair and stretch	Work	Tracking	1/1 - 2/28	50 pts/wk (400 pts possible)
February - March	2/1/15 - 3/31/15 (8 complete weeks for tracking)					
	Try Yoga	Do Yoga 5x by end date	Physical	Tracking	2/1 - 3/31	200 pts
	Build a Healthy Back	Complete exercises promoting back health	Health Risk	Tracking	2/1 - 3/31	50 pts/wk (400 pts possible)
	Fend Off Winter Blues	Participate in actions that help avoid the winter blues	Emotional	Tracking	2/1 - 3/31	50 pts/wk (400 pts possible)
	Healthy Start	Get enough sleep and eat a healthy breakfast	Health Risk	Tracking	2/1 - 3/31	50 pts/wk (400 pts possible)
	Get Inspired	Spark inspiration in your life	Emotional, Work	One time	2/1 - 3/31	50 pts
March - April	3/1/15 - 4/30/15 (8 weeks + 4 days for tracking)					
	Living' La Vida Local	Make a 100% locally sourced meal at least 1x/wk	Health Risk, Physical	Tracking	3/1 - 4/30	50 pts/wk (450 pts possible)
	7-Min Workout	Perform the 7-min workout at least 4x/wk	Physical	Tracking	3/1 - 4/30	50 pts/wk (450 pts possible)
	Healthy Cooking Class	Take a class or learn about healthy cooking alternatives	Capacity for Change	One time	3/1 - 4/30	50 pts
	Conquer Your Inbox	Spend dedicated time clearing your digital clutter	Work	One time	3/1 - 4/30	50 pts
	My Goal My Way	Set a personal goal based on your Well-being Assessment results	Reaching Potential	Tracking	3/1 - 4/30	50 pts

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April - May	4/1/15 - 5/31/15 (8 weeks + 6 days for tracking)					
	Alcohol Awareness Month	Stay within your guidelines this month	Health Risk	Tracking	4/1-4/30	100 pts
	Kick a Bad Habit	Avoid a bad habit 5x/wk	Work	Tracking	4/1 - 5/31	50 pts/wk (450 pts possible)
	Bucket List	Make a personal "bucket list" and accomplish 3 things on that list	Capacity for Change, Reaching Potential	One time	4/1 - 5/31	50 pts
	Motorless Motion	Track at least 15 miles/wk	Exercise	Tracking	4/1 - 5/31	50 pts/wk (450 pts possible)
April - June	4/20/15-6/14/15 (8 weeks for tracking)					
	Sweat for 35	Back by popular demand - up the minutes!	Physical	Tracking	4/20 - 6/14	75 pt/wk (600 pts possible)
	More Veggies!	Back by popular demand - up the veggies!	Health Risk	Tracking	4/20 - 6/14	75 pt/wk (600 pts possible)
	Block Off 3 Hours	Block off 3 hrs to focus and finish a task	Capacity for Change, Work	One time	4/20 - 6/14	300 pts
	Bone Up on Calcium	Get enough calcium	Health Risk	Tracking	4/20 - 6/14	50 pts/wk (500 pts possible)
May - June	5/1/15 - 6/30/15 (3 days+ 8 weeks + 2 days for tracking)					
	Hold a Walking Meeting	Take a meeting moving at least 5x	Work, Physical	Tracking	5/1 - 6/30	200 pts
	Indoor No More	Enjoy 1 hour of exercise outdoors each week	Physical	Tracking	5/1 - 6/30	50 pts/wk (500 pts possible)
	Plant a Garden	Plant a garden	Emotional	One time	5/1 - 6/30	300 pts
	Bike to Work Month	Bike to work at least 3x	Physical	Tracking	5/1 - 5/31	300 pts
	Mindful Mondays	Take at least two 5 minute breaks to Stop, Look, and Listen	Capacity for Change, Work	Tracking	5/1 - 6/30	50 pts/wk (500 pts possible)
	Visit a State Park	Visit a State Park	Physical, Emotional	One time	5/1 - 6/30	200 pts
	Introduction to Employee Assistance Program (EAP)	Watch the EAP Orientation video or visit the State EAP webpage to learn about the EAP	Physical, Emotional	One time	5/1 - 6/30	200 pts (for those with State EAP)
	EAP Assessment	Have an assessment done with your Employee Assistance Program (EAP)	Physical, Emotional	One time	5/1 - 6/30	400 pts (for those with State EAP)
July - August	7/6/15 - 8/30/15 (8 weeks for tracking)					
	Bike 10 Miles a Week	Bike 10 miles each week	Physical	Tracking, device enabled	7/6 - 8/30	50 pts/wk (400 pts possible)
	Journal	Journal at least 15 min, 2x/week	Capacity for Change	Tracking	7/6 - 8/30	25 pts/week (200 pts possible)
	Go Somewhere Wild	Spend the day exploring somewhere new	Capacity for Change	One time	7/6 - 8/30	100 pts
	Drink Water	Drink at least 5 glasses of water 5 days/wk	Health Risk	Tracking	7/6 - 8/30	50 pts/wk (400 pts possible)
	Suggest an Activity	Share your ideas for a SmartHealth Activity	Emotional, Engagement	One time	7/6 - 8/30	50 pts
	Weekly 90 Minutes	Get 90 min of exercise each week	Physical, Health Risk	Tracking, device enabled	7/6 - 8/30	50 pts/wk (400 pts possible)
	Healthy Huddle	Start a meeting by promoting good health at least 1x/wk	Work	Tracking	7/6 - 8/30	25 pts/wk (200 pts possible)
	Try Tai Chi	Practice Tai Chi on at least 3 days	Physical, Emotional	Tracking	7/6-8/30	200 pts
	Get Your Zzzz's	Get enough sleep 5x/wk	Health Risk	Tracking	7/6 - 8/30	50 pts/wk (400 pts possible)
	Summer Series Triathlon Training (Swimming)	Track at least 1600 meters of swimming	Physical	Tracking	7/13-8/9	200 pts

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August - September	8/3/15 - 9/27/15 (8 weeks for tracking)					
	Healthy Snacks	Choose a healthy snack 3x/week	Capacity for Change	Tracking	8/3 - 9/27	25 pts/week (200 pts possible)
	Take a Tech Break	Unplug for 2 hrs/workday or 10 hrs/wk	Emotional	Tracking	8/3 - 9/27	50 pts/wk (400 pts possible)
	Take the Stairs	Use the stairs instead of the elevator at least 3x/wk	Physical, Work	Tracking	8/3 - 9/27	50 pts/wk (400 pts possible)
	Go on a Hike	Get outside and take a hike	Physical, Emotional	One time	8/3 - 9/27	100 pts
	Harvest a Garden	Harvest the garden that you planted earlier this spring!	Emotional	One time	8/3-9/27	100 pts
	Afternoon Recess	Take 15-30 min to do something that refreshes you, 8x	Work	Tracking	8/3 - 9/27	200 pts
September - October	Summer Series Triathlon Training (Biking)	Bike at least 56 miles	Physical	Tracking	8/10-9/6	200 pts
	8/31/15 - 10/25/15 (8 weeks for tracking)					
	Hit the Books	Read a book and share	Capacity for Change	One time	8/31 - 10/25	100 pts
	Give Back	Volunteer or donate to your charity/org of choice	Emotional	One time	8/31 - 10/25	100 pts
	Creative Spark Seeker	Draw, sculpt, bake, etc. at least 1x/wk	Reaching Potential	Tracking	8/31 - 10/25	50 pts/wk (400 pts possible)
	100 Mile Club	Track 100 miles of exercise by end date	Physical, Health Risk	Tracking, device enabled	8/31 - 10/25	400 pts
	Driving Without Distractions	Avoid using your cell phone in the car for an entire month	Capacity for Change	Tracking	8/31 - 10/25	200 pts
October - November	Summer Series Triathlon Training (Running)	Exercise at least 13 miles	Physical	Tracking	9/7-10/4	200 pts
	9/28/15 - 11/29/15 (9 weeks for tracking)					
	Avoid Processed Food	Avoid processed foods in favor of whole foods 10x	Capacity for Change	Tracking	9/28 - 11/29	100 pts
	Take it Inside	Get 30 min of indoor exercise 3x/wk	Physical	Tracking	9/28 - 11/29	50 pts/wk (450 pts possible)
	Develop a Care Plan	Develop a care plan with your doctor if you or a loved one have a chronic condition	Health Risk	One time	9/28 - 11/29	100 pts
	Meditate	Meditate for 20 min, 3x/wk	Emotional, Reaching Potential	Tracking	9/28 - 11/29	50 pts/wk (450 pts possible)
November - December	Better Together	Make time to share a meal with family or friends 3x/wk	Emotional, Health Risk	Tracking	9/28 - 11/29	50 pts/wk (450 pts possible)
	10/26/15 - 12/27/15 (9 weeks for tracking)					
	Find Out What Matters to You	Identify what matters most and assess how that aligns with how your energy is spent	Capacity for Change	One time	10/26 - 12/27	100 pts
	Pay It Forward	Doing good deeds for others can improve your health; Do a good deed at least 5x	Emotional	Tracking	10/26 - 12/27	200 pts
	24/7 Fitness Frenzy	Work as a team to exercise 10,080 total minutes	Physical	Tracking, device enabled	10/26 - 12/27	200 pts; 100 bonus to winning team
	Maintain Don't Gain	Maintain or lose weight during this activity	Health Risk	Tracking	10/26 - 12/27	200 pts
	American Diabetes Month	Learn about your diabetes risk by reading an article and taking a quiz	Health Risk	One time	10/26 - 12/27	100 pts
	Get Information About Your 2016 Benefit Options	Get Information About Your 2016 Benefit Options	Engagement	One time	11/1 - 11/30	200 pts

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Condition Management Programs (through Health Plans)	Targeted, Condition-Management Programs					
	Diabetes Prevention Program (NOT ME) - UMP (Regence)	Targeted to Regence members with risk in Healthy Blood Sugar	Health Risk	Verified	1/1 - 12/27	300 pts/start; 200 pts/completion (any 9th class)
	Diabetes Control Program - UMP (Regence)	Targeted to Regence members with risk in Healthy Blood Sugar	Health Risk	Verified	1/1 - 12/27	125 points for each quarterly consultation, up to 4x/year (no more than 3 times in 1st 6 months and 3 times in last 6 months)
	Quit Tobacco - UMP (Regence)	Targeted to Regence members with risk in Smoke Free Living	Health Risk	Verified	1/1 - 12/27	300 pts/start; 200 pts/completion (5th session), up to 2x/year
	Diabetes Prevention Program - Group Health	Targeted to Group Health members with risk in Healthy Blood Sugar	Health Risk	Verified	1/1 - 12/27	300 pts/start; 200 pts/completion (any 9th class)
	Living Well Workshops - Group Health	Targeted to Group Health members	Health Risk	Verified	1/1 - 12/27	300 pts/start; 200 pts/completion (at least 4 classes, points awarded at 6th session)
	Quit Tobacco - Group Health	Targeted to Group Health members with risk in Smoke- Free Living	Health Risk	Verified	1/1 - 12/27	300 pts/start; 200 pts/completion (5th session); up to 2x/year
	Health Coaching - Group Health	Targeted to Group Health members	Health Risk	Verified	1/1 - 12/27	300 pts/start; 200 pts/completion (3rd session)
	Quit Tobacco (Online) - Kaiser	Targeted to KP members with risk in Smoke-Free Living	Health Risk	Verified	1/1 - 12/27	500 pts; up to 2x/year
	Quit Tobacco (Phone) - Kaiser	Targeted to KP members with risk in Smoke-Free Living	Health Risk	Verified	1/1 - 12/27	300 pts/start; 200 pts/completion (2nd call); up to 2x/year
	Diabetes Prevention - Kaiser	Targeted to KP members with risk in Healthy Blood Sugar	Health Risk	Verified	1/1 - 12/27	300 pts/start; 200 pts/completion (any 9th class)
	Wellness Coaching - Kaiser	Targeted to KP members	Health Risk	Verified	1/1 - 12/27	300 pts/start; 200 pts/completion (2nd call)